



Navy Alcohol & Drug Abuse Prevention

E-Gram



October 2010

Navy Alcohol and Drug Abuse Prevention (NADAP)

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Do You Have an iFTDTL Account?

To obtain an **INTERNET FORENSIC TOXICOLOGY DRUG TESTING LABORATORY (IFTDTL)** account go to the website: [HTTPS://IFTDTL.AMEDD.ARMY.MIL](https://IFTDTL.AMEDD.ARMY.MIL)
Select ***I'm a NEW NAVY USER***.
All Navy users must download and submit Access Request Form for **new account creation**. Instructions are included in the zip file. In the zip file you will find the IFTDTL request form & self registration guide. For more information about IFTDTL please call (901) 874-2458.



Red Ribbon Week

Red Ribbon Week is the oldest and largest drug prevention campaign in the country. Although the start end dates can vary slightly depending on the organization and source, Red Ribbon Week generally takes place the last full week in October, with the weekends before and following the last full week included as appropriate celebration dates. This year Red Ribbon Week will be celebrated October 22-29, 2010.

Red Ribbon Week serves as a vehicle for communities and individuals to take a stand for the hopes and dreams of our children through a commitment to drug prevention and education and a personal commitment to live drug free lives with the ultimate goal being the creation of drug free America. If your command is participating in some type of Red Ribbon Week or Prevention initiative during the month of October, contact NADAP and receive a 3' X 5' banner promoting awareness along with other supplies.

Call Mr. Dave Vanneste (901) 874- 3300

HOW BIG IS IT?

When it comes to the **SIZE** of your drink,
BIG is not better.

“Bringing Out the Dead. . . With a Message.”

A Drunk Driving Program that hits Home

by OS2(SW)Rod Thompson

The morning of 7 AUG 2010 was unlike any other to the majority of sailors on board the USS SAN JACINTO (CG-56): by day's end, over ten percent of the ship's approximately 300 sailors would be dead. Killed at the hands of drunk drivers, drowsy motorists, or those who haphazardly text while driving, the ghosts of these sailors sadly roamed the ship, merely speechless remnants of the men and women they once were. Luckily for the crew of the “San Jac,” these events were only part of a real-world training scenario, aptly titled, “The Lost.”

“The Lost” was conceived by Operations Specialist Second Class Rod Thompson and Fire Controlman Second Class David Vendetti, who were both members of the ship's advocacy group, Coalition Sailor's Against Destructive Decisions (CSADD). The two sailors developed the idea while trying to find a way to make awareness training more engaging. “PowerPoint, while an adequate training aid, ill compares to an in-your-face approach,” OS2 Thompson said. “You can walk away from a PowerPoint without retaining anything, but when you walk through the P-ways and you're face to face with consequences at every turn, it's harder to shrug it off.”

The goal of “The Lost” was simple: **bring the statistics to life**. Starting at reveille, the organizers of “The Lost” played a somber toll of bells over the ship's IMC, followed by the reading of an OPREP-3 mishap report in which a sailor was killed after drinking and driving. It was at this time, during the reading, that a small group of secretly selected volunteers assembled in the ship's Learning Resource Center (LRC) where they donned white t-shirts over their uniforms that displayed their tombstone and accompanying epitaph. On the back of each shirt was a description of each person's unique, tragic end.

From that point on, the “lost” shipmates wandered the ship's decks with the somber faces one would expect to see on souls who lost their life too early, not speaking a word to anyone. In the event that the volunteered dead were spoken to, the ghost-like sailor would hand the person speaking to them a business card that simply read, **“I am dead. I was killed by a drunk driver and am now unable to speak.”**

With each passing hour, as a new mishap report was read over the IMC, more sailors added to the ever-massing group of ghosts. By noon, over 30 volunteers were sheathed in white tees, all with their own story to silently tell. The volunteers were not chosen at random, but were selected based on their outgoing personalities as well as their social connections throughout the ship to ensure that their silence would be felt.

The finale of the “The Lost” was an event within itself, as the entire ship's crew assembled on the flight deck for an all hand's call with the ship's Commanding Officer, Captain John Cordle. Yet, the Captain was not there—in his stead was the chaplain. The Chaplain took the podium, dressed to preside not over an all hands call but a mass memorial for those shipmates lost throughout the day. He also delivers the eulogy for **the last victim of the day: Commanding Officer, Captain John Cordle**. As the Chaplain spoke of the Captain's long and meritorious career, a figure made its way through the mass of sailors: The Captain, donning his own white tee with the words ***Killed by a Drunk Driver*** scrawled across the front, approached the podium just as the Chaplain finished his eulogy, and in his own words, described in detail the night's events that led to his death.

The ceremony closed with personal statements from two of the volunteers who walked the ship so quietly that day. OS1 Cruz, a survivor of a DUI related car crash in which he was not the culprit, spoke of the pains he still feels from the injuries he endured, while FC2 Underwood spoke from the heart about the loss of seven of his close friends from DUI related incidents. FC2 Underwood summed up the goal of the day's events, simply asking, **“Isn't paying the twenty dollars for a cab ride worth what you will cost your friends and family, which is quite simply, the rest of their lives without your smiles, your laughs, and your just being around? A life without you?”**



There's a New Dealer in Town

Cough and Cold Medicine Abuse

More than 8,000 people, mostly teens, were treated last year at emergency rooms because they abused over-the-counter cough suppressants, according to the Food and Drug Administration. Now in an effort to control these substances, the FDA is considering whether to make medicines like Nyquil, Robitussin and Tylenol Cold tablets, prescription drugs.

Dextromethorphan-containing products — tablets, capsules, gel caps, lozenges, and syrups — are labeled DM, cough suppressant, or Tuss (or contain "tuss" in the title). Medicines containing dextromethorphan are easy to find, affordable for cash-strapped teens, and perfectly legal. Getting access to the dangerous drug is often as easy as walking into the local drugstore with a few dollars or raiding the family medicine cabinet. And because it's found in over-the-counter medicines, many assume that DXM can't be dangerous.

The major difference between current abuse of cough and cold medicines and that in years past is that teens now use the Internet to not only buy DXM in pure powder form, but to learn how to abuse it. Because drinking large volumes of cough syrup causes vomiting, the drug is being extracted from cough syrups and sold on the Internet in a tablet that can be swallowed or a powder that can be snorted. Online dosing calculators even teach abusers how much they'll need to take for their weight to get high.

Street names for DXM include: Triple-C, Candy, C-C-C, Dex, DM, Drex, Red Devils, Robo, Rojo, Skittles, Tussin, Velvet, and Vitamin D. Users are sometimes called "syrup heads" and the act of abusing DXM is often called "dexing," "robotripping," or "robodosing".

Taking mass quantities of products containing DXM can cause hallucinations, loss of motor control, and "out-of-body" (disassociative) sensations. When consumed in large quantities, DXM can also cause hyperthermia, or high fever. This is a real concern for teens who take DXM while in a hot environment or while exerting themselves at a rave or dance club, where DXM is often sold and passed off as similar-looking drugs like PCP. And the situation becomes even more dangerous if these substances are used with alcohol or another drug.



Source: <http://oas.samhsa.gov/2k8/cough/cough.cfm>

ATTENTION: Spice Testing

Armed Forces Institute of Pathology (AFIP) is accepting urine specimens for research purposes from individuals for which the command has **strong** suspicion of **Spice** use. This is only for research testing. Therefore, the command will NOT receive any information back with regards to positive / negative / detected determination. Commands are encouraged to assist AFIP in furthering their research. Please contact Mr. Joe Magluilo at (301) 319-0005 for more details.



DEFY Concludes Phase I Summer Leadership Camps

The end of summer means our youth are back in school. The end of summer also means youth participating in local Drug Education For Youth (DEFY) programs completed the first of two phases of the program. This year, the Navy & Marine Corps has 1,874 youth and 736 staff mentors enrolled in DEFY.

Phase I is a leadership training camp experience which kicks off the DEFY program. Phase I is structured to provide a focused classroom learning environment that will teach hard skills and training in leadership, team building, conflict resolution, goal setting, and increasing self-confidence. Although the classroom is the focus, leadership camps are also designed to provide a fun environment that allows the maximum of focused quality training time while still permitting a relaxed, but organized and memorable experience.

Phase II is a school-year mentoring program in which DEFY youth are matched with an adult mentor team throughout the school year. Mentoring events are built around a curriculum module and are structured to provide reinforcement of skills, techniques, and procedures taught initially in the Leadership Camp. In addition, events are also structured to provide a showcase for the role models represented in each program by the DEFY adults.

For more information about the DEFY Program log onto their website at: www.donhq.navy.mil/defy

Do You Know Your ADCO?

For an updated list of ADCOs contact the NADAP office at (901) 874-4900.

buzzed
driving is
drunk
driving
designate a sober driver

2010 ADCO Summit

The ADCO Summit 2010 was held in Memphis, TN 30 August - 1 September 2010. ADCOs from around the Fleet attended and participated in three days of informative presentations, group discussions and engaging dialogue. The ADCO Summit briefs are available on the NADAP website:

<http://www.npc.navy.mil/CommandSupport/NADAP/ADCOsummit/>



If you or others are interested in receiving the NADAP E-Gram via e-mail let us know by sending an e-mail to unhwa.villamento@navy.mil.

